

psychiatry

try to organic disease

functional.

Non organic Disease

عوامل :-

- [1] CVA - stroke
- [2] Congenital malformation.
- [3] Hormonal disturbance
 - L post menopausal
 - L Hypothyroidism
 - L Cushing.
- [4] post TBI
- [5] any chronic somatic Disease
 - as : SLE, DM, Parkinsonism.

Generalized anxiety disorder (GAD)

Panic attack

social phobias

specific phobias
obsessive compulsive disorder "OCD"

post traumatic stress disorder "PTSD"

minor depression
major depression

mania

(Bipolar disorder) Mania

Normal

Delusion/false fixed beliefs

affective disorder (mood disorder)

euphoric

depressed

* affective = emotional state for long period

mood * emotional state for short period

Neurosis (CNS)

1-anxiety disorder.
"interfer with function of pt"

Psychosis (personality disorder)

1 schizophrenia
↳ Hallucination
↳ Delusion
↳ thought disorder

Auditory
visual
tactile
olfactory
Gustating

Hallucination
abnormal perception.

VISIT...

LANZAROTE
Caliente.COM

imp
F1002

neurosis

intact
(good)
معترف أنه مريض

(good)

intact
عقل، مشاعر

good

- Benzos
or
- β Blockers

الفروق

← [1] insight →
[البصيرة]

← [2] contact & reality →

← [3] personality →

← [4] prognosis →

← [5] Rx →

ولكن من الجانبين
فكاهياً
psychotherapy
Cognitive Behavioral
therapy

phobias → مثلاً من طلاق
gradual desensitization

"gradual exposure"
مثلاً الخوف من المرتفعات

usually there is cause → [6] Cause → unknown cause
(Not well understood)

← [7] Course → insidious & gradual progression
- Acute
- Chronic
- Acute on top of chronic

- Drug withdrawal
- special sensitization
← [8] predisposing factor →

Multi-factorial
[1] genetic ← parents, twins
[2] Ecological & social ← emotional deprivation, educational
[3] Drug addiction
[4] External (stress)

منزوي مثلاً قوماً انتهم من العوامل
(A) + (B)
genetic

psychosis

no insight

↓
poor prognosis
معنى معترف بمريضاً

poor
false fixed Beliefs

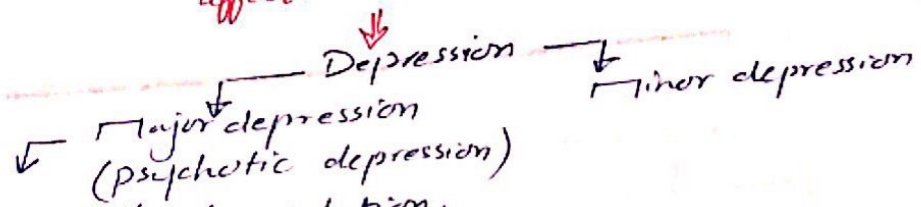
personality defect
(A) (B) (C)

poor

* Anti-psychotic
(Neuroleptic
Drugs)

* Anti-Depression
* Mood stabilizer

psychosis → mood disorder
"affective disorder"



Epidemiology / 5-10% of population.
20% of medical pts.

Main cause for — disability
— suicidal attempt.

Case 70y f admitted, her son informed that her mother had been doing very bad, Report. ① wt loss, ↓ concentration
helplessness, hopelessness ↓ sleep duration
Major depression [> 2w]
- Anhedonia [loss of interest or Absence of pleasure]
فقد الاهتمام [loss of interest]

criteria for DX of Major Depression Disorder / SIG E CAPS.

- 1 Sleep ⇒ insomnia, Hypersomnia.
- 2 Interest ⇒ loss
- 3 Guilt ⇒ worthlessness [suicidal]
- 4 Energy ⇒ fatigue
- 5 concentration ⇒ ↓
- 6 Appetite ⇒ wt ↓ or wt gain.
- 7 psychomotor ⇒ Agitation or retardation.
(slow movement) (slow speech)
- 8 Suicidal ⇒ ideation. (2/3) of pts., Committe ١٥-٢٠% (%10-%15)

[≥ 5 for ≥ 2w] Dx Major Depression.

Loss of Li'bido
Sadness
tearfulness

↓ self confidence, pain, chronic constipation or diarrhea
pessimistic, headache, chronic fatigue

أعراض
سلبية

Psych

- * Sadness peak at turning
- * insomnia & early wake up

* More in ♀ than ♂

* 40y, divorced or separated, No Relationship

Pathophysiology:-

- ↓ NE in synaptic cleft
- ↓ 5HT
- ↓ Metabolism of NE or 5HT

Rx:- [↑ NE, ↑ 5HT]

Examination:- Nothing, May be slow movement or slumped posture
(ضعف و ثقل مركز)

Lab:- Dexamethazone suppression test

• TRH, TSH level.

other Ix Normal.

psychotic depression

* Delusion

worthless

Guilt

poverty

(+)

Depression.

* بالاضافه للمرض الاكتئاب هم انه بدون جدوى
له مرآة لذنوب وظايا
له فقير و محتاج.

ttx / Anti Depressant (+) Antipsychotic

ttx: ① [Adult] pts → Medical ttx (+) psychotherapy

② Electroconvulsion → (+) of cortex to ↑ Neurotransmitter induction of convulsion.

↓
①* (elderly) → ↓ feel of Guilt (الاعتراف بالذنب)

②* Refractory therapy

③* Need of Rapid ttx (لا تأخر في العلاج بعد ايام)

④* suicidal attempt or ideation

⑤* psychotic depression.

psychol 5

Medication

1] Secure pt. $\xrightarrow{\text{①}}$ ↑ suicidal risk $\rightarrow$ Admission
 $\xrightarrow{\text{②}}$ ttt at home

2] pharmacotherapy:-

a] Antidepressant

(Tri
cyclic
Anti
depressors)

TCA $\Rightarrow$ imipramine • desipramine
• clomipramine
• Amitriptyline
• nortriptyline

DOC

SSRI (selective serotonin reuptake inhibitor) $\rightarrow$ $\rightarrow$ $\rightarrow$
• fluoxetine • citalopram
• Sertraline • Escitalopram

MAOI (Mono Amino oxidase inhibitors) $\rightarrow$ $\rightarrow$ $\rightarrow$
• Phenelzine • tranylcypromine

SNRI (selective norepinephrine reuptake inhibitors) $\rightarrow$ $\rightarrow$ $\rightarrow$
• Venlafaxine • Duloxetine

Heterocyclic Antidepressant:-
Mirtazapine

• Bupropion: Act as TCA
used in ttt. of $\rightarrow$ smoking cessation symptoms
 $\rightarrow$ Bulimia nervosa.

• Trazodone Act as SSRI

3] Electroconvulsive therapy.

4] psychotherapy.

6 psycho medication/

2-3w before response

→ 6w to improve

Relapse → transfer to other group (نقل المريض إلى مجموعة أخرى)

ttt → 6m → 1y.

Suicidal or psych. depression

ECT

Side effects of ttt:

1. TCA

(1) Convulsion

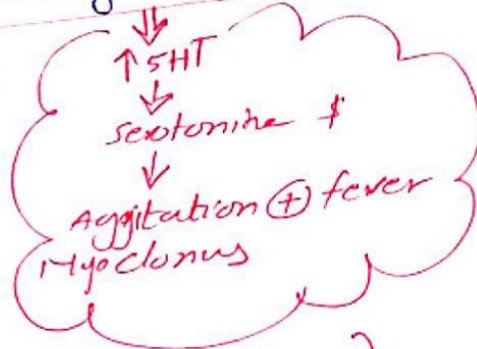
(2) Coma

(3) Cardiac toxicity

(4) α blocker effect → hypotension

(5) Anti-muscarine → Atropine-like Action

(6) Anti-Histamine → sedation



SSRI

ما عنيدها
الكثيرا منها

2. SSRIs → Anorgasmia (↓ libido).
retrograde ejaculation.

3. Feature of Major Depression:

- (a) early morning wake up (✓)
- (b) extreme Sadness (✓)
- (c) Hyper active (X)
- (d) euphoria (X)
- (e) pressure of speech (X)

4. the following Antidepressant:

- (a) Haloperidol (X) Anti psychotic
- (b) Imipramine (✓)
- (c) fluoxetine (✓)
- (d) clomipramine (✓)
- (e) chloroquine (X) Anti malaria

[Hpsycho]

El... J... 12...

Anti-depressant :-

- a) Haloperidol (x)
- b) Chlorpromazine (x)] Antipsychotic
- c) chlorpromazine ✓
- d) fluoxetine ✓ SSR
- e) Carbamazepine → Anti-epileptic

↳ used in bipolar psychosis

[Lithium CI or non effective in MDD]

the following help in Dx of depression :-

- a) early morning awake ✓
- b) feeling worst in the morning ✓
- c) paranoid delusion of loved. (x)
- d) feeling sadness with chest tightness ← Atypical symptoms
- e) fast speech (x)

Depression is characterized by all of the following except :-

- a) ↑ self confidence (x)
- b) Guilt
- c) Suicidal ideation.
- d) insomnia

all of the following are Anti-Depressant except :-

- a) Amitriptyline ✓
- b) phenothiazines ← [Antipsychotic] (x) chlorpromazine & thioridazine
- c) Fluoxetine ✓
- d) TAOIs ✓
- e) SNARIs ✓

Dysthymia: mild form of depression, but persists for >2 years, pt never has suicidal ideation
ttx: psychotherapy only if fail → SSRI

81 psycho

Mania

(elevated mood, euphoric)

Case: 19 y o collage student, several fails in classes enrolled in multiple activity, most of time busy, poor grade, he seems undisturbed, he also enrolled in

- football class
 - chess
 - tennis
- ⊕ psychomotor agitation
pressure speech.

def: Mania should be present for tw or more.
or pt ⊕ hx of Admission ⊕ previous symptoms
even less than tw

psychosis / Delusion of Grandiosity.
(داد العظمة)

Criteria of Mania

DIG FAST

- Distractibility ← ع ← "failed to achieve any goal"
- insomnia ← ع ←
- Grandiosity ← ع ←
- flight of ideas ← ع ← "loss of association"
- ↑ Activity ← ع ← "psychomotor activity" ← ع ←
- ↑ sexual activity
- Talkative ← ع ← "pressure speech"

• Mania



• hypomania

- # Mild form of Mania.
- # < tw
- # same symptoms of Mania but less in intensity.

Delusions in Manic pts:

- [1] Grandiosity ← (داد العظمة)
- [2] Hallucination ← (هلاوس) / (هلاوسات)
- [3] Religious ← (أوهام قسرية)
- [4] Paranoid ← (شكوك)

[5] Neologism ← ع ←
• new terms ← ع ←

[6] Verbigeration ← ع ←
(constant repetition of meaningless words) ← ع ←

9. psycho

R. of Mania :-

[1]# Antipsychotic → initial ttt
Haloperidol, chlorpromazine.

[2]# mood stabilizer → [1st line]
Lithium carbonate (↓ relapse Rate)
→ CI if pts take furisamide → ↑ risk of Renal failure
↑ creatinine.

• Hypothyroidism. ← TFT ترابہ TFT

• Hypoparathyroidism

[3]# Electroconvulsant therapy [ECT] → in Acute phase.

[4]# Benz → diazepam

Used only in 1st 3 days only. (↑ risk of dependence)

[Lithium] ← الكويش اللي يستعمل في Chronic بـ متوقا

[5]# psychotherapy

insight orientation, supportive ttt.

* فرجاله انه ما قدرتش تستعمل Lithium و محتاج ادوية تسمى

• Carbamazepine ← Antiepileptic
• Lamotrigine
• or valproate

المرض

Mania

Rx

Acute phase

• Antipsychotic

⊕

• ECT

chronic phase

• Lithium

if CI ↓

* Antiepileptic

Carbamazepine

or
valproate

Lamotr

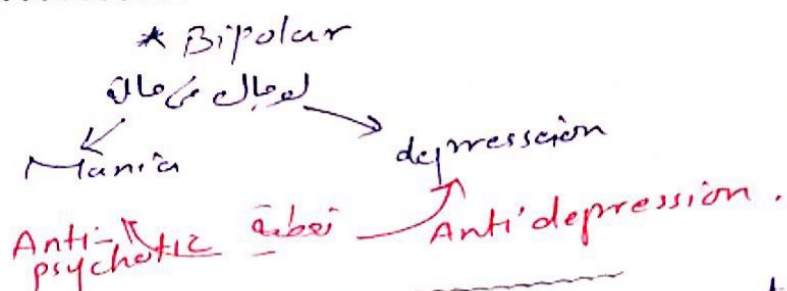
أهم دوائها

Major
Depressive
disorder

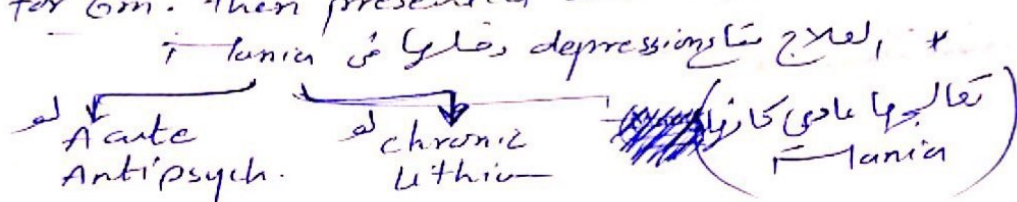
Mania

Psycho # Δ Δ of Grandiosity

- ① Mania or Bipolar psychosis
- ② schizophrenia (الذهان)
- ③ personality disorder → Nargissim (النرجسية)



* pt. present with depression (MDD) threatened by TCA for 6m. then presented with Mania



Nihilistic delusion: "fals fixed Beliefs"

pts. have delusions that his liver eaten by worms or absence of his heart

(Absence of organs) occur in [Major depression, Schizophrenia, psychosis.]

E) flight ideas "من جملة الأفكار"

- a - a form of thought disorder (X) مكررات
- b - characteristic of Mania ✓
- c - lossing of Association ✓
- d - characteristic by neologism ✓
- e - characteristic by verbigratation ✓
- f - characterise by frequent change of topics ✓

in Mania

- a) inner sense of sadness (X)
- b) pressure of speech ✓
- c) psychomotor Retardation (X) → Aggitation.
- d) Euphoria (✓) e) flight of ideas (✓)

Anti psycho

Antidepressant

Regarding S/E of TCA :-

- (a) sedation ✓ histamine block
- (b) dry mouth ✓ anticholinergic
- (c) parkinson like ✗ no dopamine like effects
"Anti psychotic" لـ
- (d) conduction defect ✓
- (e) induction of Tumor ✓

about Lithium :-

- (a) is a mood stabilizer ✓
- (b) CI to be used with loop diuretic ✓
- (c) serum Blood level not needed ✗
- (d) is a safe drug ✗
- (e) used in GAD
"Generalized Anxiety disorder"

TFT ✓
RFT, LFT ✗

in Depression

- (a) flight ideas ✗
- (b) in presence of psychotic disorder use antipsychotic ✓
- (c) increase libido ✗
- (d) Hopelessness, helplessness are alarm of suicide ✓
- (e) Basic emotion is sense of sadness ✓

the following is True :-

- (a) Nihilistic disorder more common in depressive disorder ✓
- (b) Euphoria seen mostly in schizophrenia ✗ Mania or Bipolar
- (c) early morning awakening is a form of insomnia ✓

↳ difficulty to initiate or maintain sleep.

flight of ideas seen in :-

- (a) depression ✗
- (b) schizophrenia ✗
- (c) delirium ✗
- (d) Mania ✓

Delusion of Grandiosity is recognized feature of :-

- (a) hysteria ✗
- (b) schizophrenia ✓
- (c) depression ✗
- (d) Mania ✓
- (e) OCD ✗

124 psycho

psychotic

depression :-

- characteristic feature of severe depression :-
- (a) thinking retardation ✓
 - (b) hyperactivity (x)
 - (c) late insomnia ✓

in depression both
سواء كان في
في وقت مبكر

early insomnia
late insomnia

- (d) Delusion of control (x) ← سيطرة فكرية
- (e) Self reproach delusion ✓ ← عقاب نفسي

the term of psychosis implies that the individual has:

- (a) disorientation of sense of reality ✓
- (b) preserved insight (x)
- (c) odd behavior ✓
- (d) delusion and hallucination ✓

characteristic symptoms of endogenous depression :-

- (a) delusion of Guilt ✓
- (b) Nihilistic delusion ✓
- (c) initial insomnia ✓ ← من قادريه النوم
- (d) Diurnal variation ✓
- (e) early morning awaking ✓

Grandiosities are Recognized in :-

Mania
schizo
Narcissism

- (a) Anxiety (x)
- (b) General paresis of insane (x)
- (c) Schizophrenia ✓
- (d) Hysterionic personality disorder (x)

the following DX of Acute Mania :-

- (a) sense of hopelessness (x)
- (b) inflated sense of well being ✓
- (c) psychomotor retardation (x) → Agitation
- (d) ↑ self & confidence ✓
- (e) pressure of speech ✓

Regarding psychotic disorder :-

- (a) loss of touch with reality ✓
- (b) personality remain intact (x)
- (c) delusion is apart of presenting feature ✓
- (d) no insight ✓
- (e) flight of idea is apart of features ✓

(13) psycho

35 y f, HTN, presented by Hyper-active state over talkative, unlimited wealth (مليونيرات) [مليونيرات] pressure of speech, flight of ideas + Paranoid & Religious delusion, the following correct except:

- (a) Dx is Mania rather than Schizo ✓
- (b) TFT need to be done ✓
+ Hypothyroidism
depression ← ادوية
TFT ✓
Mania ← ادوية
Benzos
- (c) Haloperidol with heavy sedation is line of initial treatment ✓
Lithium
Benzos
- (d) relapse is high unless lithium used ✓
- (e) Lithium along with furosemide should be used to control her HTN. ✗

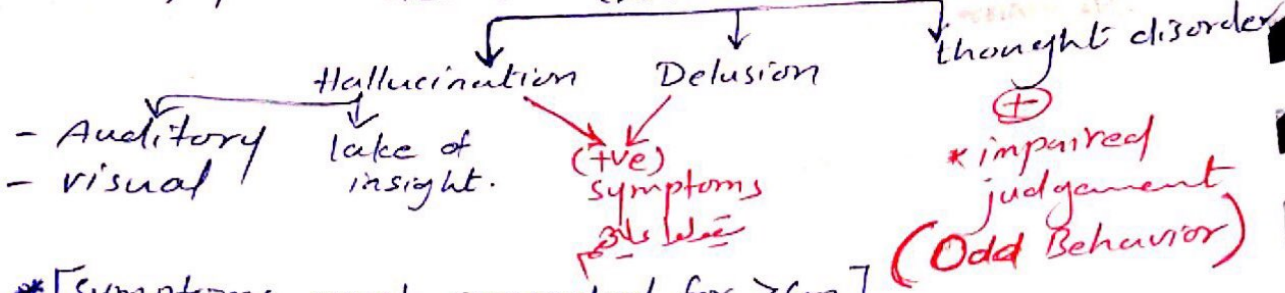
33 y old f, Suicidal Attempt, she has Hx of previous trial of suicidal 2 times before, hopeless, helpless, fearful, Guilty, not interested to talk to her doctor, slow speech, her movements are retarded, all the following true except

- (a) hypothyroidism should be excluded ✓
- (b) Anti-depressant should be started ✓
- (c) psychotherapy is needed ✓
- (d) Lithium helps to improve her depressed mood ✗
- (e) her condition indicates admission ✓

III psycho

Schizophrenien

* Severe psychotic disorder characterized by:-



- * [symptoms must presented for 76m]

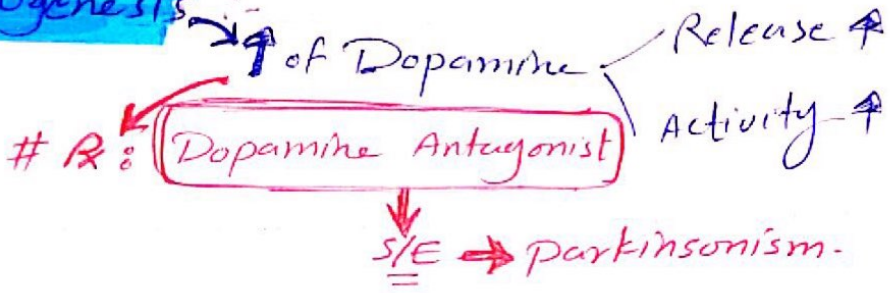
* $\rightarrow 15-25y$, $\neq 25-35y$

- * More common in low socio-economic state
[Downward drift phenomena.]

* ↑ risk of relapse $\Rightarrow$ pt needs long period of follow up

* 1% of population: genetic tree $\oplus$ stress

Pathogenesis



* [↑ dopamine in limbic system
but ↓ in frontal lobe] by PET
"petrusal emission topography"

* [↑ in cerebral ventricles size] by CT, MRI
↓
poor prognosis

* (+ve) symptoms of schizophrenia:-

17 Hallucination $\rightarrow \frac{2}{3}$ Auditory
 $\downarrow \frac{1}{3}$ Visual

[-] Odd "Bizzar" disturbed Behavior
"Delusion of Broad Casting" (تفویض من نام سے تقریر افکاری)

13 disorganized speech

١٦١ Catatonic disorder تَوَقُّفٌ وَضَعٌ مِنْ فِتْرَةٍ طَوِيلَةٍ

• talk load
• shouting
• violence

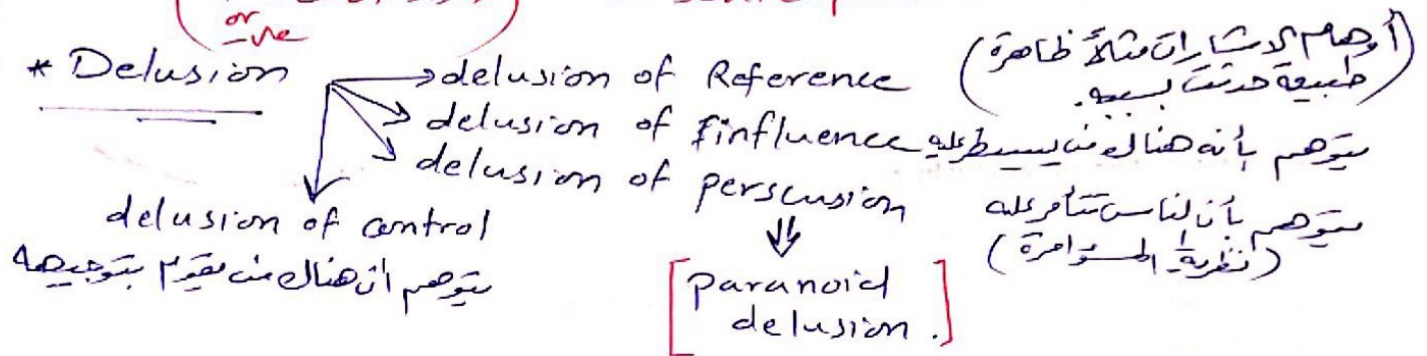
13/ psycho

* -ve symptoms of schizo:-

- 1) Social withdrawal * ΔΔ avoidance personality disorder استغناء شخصي
- 2) Apathetic (تبدل عاطفي)
- 3) loss of interest
- 4) Stared at space (در يافتن نگاه)
- 5) poor self care
- 6) poverty (poor) of speech

* [2 or more] ^{symptoms} for $\geq 6m$ @ social dysfunction
(+ve أو -ve) = schizophrenia

* Delusion



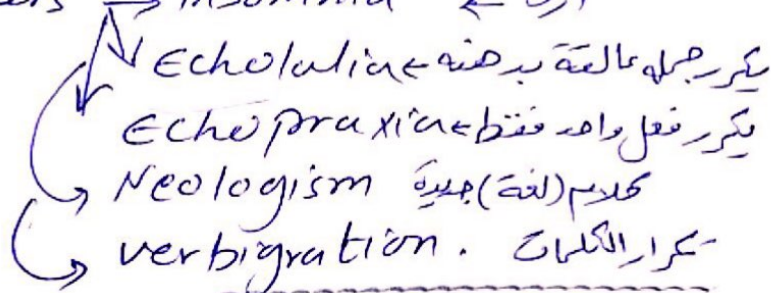
* Hallucination → Auditory Hallucination

علوسه بوجود فرد أو شخصيات يتوهم بها "third person" كلمة فرنسية تعني حالة
"écho de la pensée"

* Disturbance in thinking

- inability to deal with problem.
- thought insertion ← زرع أفكار
- thought cutting ← إزالة أفكار

Others → insomnia ← أرق



Rx → Acute :- Admission

→ chronic :- out pt

Psychopharmacology

Medical "Neuroleptics" [Antipsychotics]

less S/E than typical.

old typical

- Haloperidol
- Thioridazine
- Chlorpromazine
- Trifluoperazine

new Atypical

- Clozapine
- Risperidone
- Olanzapine

[CBC] also risk
Agranulocytosis → sore throat
Neutropenia

↓ Dopamine
Parkinson

Psychotherapy → ↓ Relapse

CBT
Cognitive Behavioral Therapy

Not effective in pt with no insight

Family education

ECT → imp. for control of +ve symptoms

- Acute phase
- resistant cases

25% cured
35% chronic
40% with drug
wax

* [need long term follow up.]

* Schizophrenia

Schizo affective disorder
مزاجية

Schizo ⊕ Mania
Schizo ⊕ depression

Catatonic schizophrenia
مستحيل

Paranoid schizophrenia
الغشائية

chronic schizophrenia

Intellectual functioning retardation

FMIR
loss of reflexes
stool or urine incontinence

* ΔΔ of Acute psychosis → Hallucination
→ delusion

1) Acute schizophrenia

2) Schizo affective disorder.

3) Acute Mania

Acute psychosis due to organic lesion (delirium)

No organic lesion.

organic lesion

17th psych.

semi or cloudy consciousness

delirium: - Acute disturbance of consciousness with Altered Cognition ⊕ visual Hallucination → try to organize lesion

- infection
- شدة كبيرة من الوعي وادقة من إغنايه مكانه
- شدة كان يشرب من كحول من فترة طويلة ووقف

بقلة يستوف من إكسسي دبر أمشيار تطير

* in delirium → pt tactile Hallucination
→ pt has disturbed mood.

• prognosis ⇒ reversible & ttt: ① ttt underlying cause
② low dose Antipsychotic

[5] Temporal lobe epilepsy 2. ass & olfactory Hallucination
2nd acute psychosis. & ass & illusion → يشوف الأشياء بغير حقيقتها
خفيف و

personality disorder

(A) • WEIRD
(فريب وطفلة) → schizotyp

① Paranoid
② schizoid
③ schizophrania
④ schizophrania
⑤ schizophrania
⑥ schizophrania
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(B) • WILD
(عدواني)

① Borderline (unstable mood)
② Narcissistic (Grandiosity)
③ Histrionic
④ Antisocial
⑤ Conductive disorder
⑥ Schizophrania
⑦ Schizophrania
⑧ Schizophrania
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(C) • WORRIED
قلقة

① Antisocial
② Conductive disorder
③ Histrionic
④ Schizophrania
⑤ Schizophrania
⑥ Schizophrania
⑦ Schizophrania
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(C) • WORRIED

① obsessive compulsive → perfectinism
② Avoidant
③ Dependent
④ Schizophrania
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18] psycho

Causes of personality disorder:-

1] child Abuse.

2] ADHD (Attention deficit HyperActivity disorder)

3] conductive disorder — speech problem.
↳ hearing defect.

* : psycho-therapy

...psychosis (نفسية)

Conversion disorder

• loss of neurological function.

Case of 35y. ER, unable to move her l.l, full IX ⇒ Normal
after full history she failed in exam, then she had stress

presentation [sudden onset ⊕ previous stress]
symptoms

Conversion : Disorder in which individual experience
one or more Neurological symptoms — sensory
that can't be explained by Medical or organic origin.

Blindness
Urinary retention
paralysis
Anesthesia
Motor
↓
- paralysis
- mutism
- abnormal gait

* ① psychotherapy is of choice

② nat penobarbital
Amobarbital } ينفذ المريض
semi-conscious
تفتيح كل الإجراءات

③ Benzos

④ Antidepressant.

* 4 pains
2 Gut
1 Neuro
1 sexual

Somatization

⊕ long complicated hx
⊕ IX all are Normal

Many symptom affecting
Many organs, no relation
between them, no medical
explanation for them

Don't send pt for specialist
& psychotherapy.

hypochondriasis

pt: believe he has sepecific disease (معتقد بان كبه)
مثلاً (معتقد بان كبه)

* psychotherapy.

171 Psycho

Electroconvulsive therapy:

- Consent ^{موافقة المريض} (ECT)
- put pt. on special bed ⁽⁺⁾ insert the electrodes
- T is Relaxed ⁽⁺⁾ sedation ⁽⁺⁾ apply Mouth Gag.

indications:- (imp)

- ① Schizophrenia
 - Acute
 - Resistant to ttt
 - Catatonic
- ② Acute Mania
- ③ Depression
 - Major psychotic
 - not Respond to ttt
- ④ Suicidal ideation

S/E of ECT:- (imp)

- ① post ictal confusion.
- ② Antrograde amnesia ^{فقد الذاكرة السابقة}
- ③ fracture #
- ④ ↑ ICP ⁽⁺⁾ Headach.
- ⑤ arrhythmia

CI of ECT:- (imp)

- ① MI or stroke.
- ② Risk of Anesthesia.
- ③ ↑ ICP → suspected IC. neoplasm.
- ④ child.

Anxiety disorders.

- * most common psychiatric problem.
- * more in young of the family history
- * improved by (BNZ) but not preferred due to dependence.

definition syndrome that have psychological → very difficult to control.

& physiological component

Sweating
tremor
palpitation
Dyspnea
voice change

ANS

→ Hyper vigilance
→ Restlessness
→ Difficult to concentrate
→ sleep disturbance

[20] psycho

* Anxiety disorder pt → fear of impending disaster
↳ Apprehension خوف

Types of Anxiety disorder :-

- [1] GAD "generalized Anxiety disorder"
- [2] Panic Attack
- [3] phobias
- [4] post traumatic stress disorder.
- [5] obsessive compulsive disorder "OCD"

DD of Anxiety :-

- ⊕ Anxious due to organic disease
 - Hyperthyroidism
 - pheochromocytoma
 - Hypoglycemia ← insulinoma
 - SVT "Arrhythmia"
 - Alcohol withdrawal.
 - Temporal lobe epilepsy.

• GAD

* worry about everything ← family
Job

• > 6m → chronic

• > 70% , pts can't Relax her self. ⇒ risk of substance abuse

• ⇒ Sadness ⊕ impaired life activity

Restless, attack of sweating & palpitation

R: Behavioral therapy "Relaxation technique"

pharmacotherapy

- SSRIs
- Bupropion.

Benzos "Alprazolam" → "short acting"

• Panic attack

Sever anxiety recure in attack

C/P: Tremor, Tachycardia, chest pain, sweating, numbness
wax & wane (Relapse & remitting)

short & in attack.

[4] psycho

in panic attack symptoms → hyperventilation
 tetani ← non-ionized $\leftarrow$ Ca^{2+} ← Alkalosis ← $\downarrow \text{CO}_2$ "washout"
 [Carbo Pedal spasm]

• Rx → rebreathing bag

→ Caffe cessation
 flumazenil stop
 epinephrine stop
 Alcohol } panicogenic

→ Benzos → in Attack only

Alprazolam, clonazepam

→ TCA imipramine

→ SSRI

* Reassurance & psychotherapy

* β Blockers used as supportive

* panic attack associated with Agoraphobia → fear of open crowded places where difficult to escape.
 30%

[9 = 0 → 2% of pop.] OCD → Disorder affect life style.

Obsession
 thought

Action to control obsession.

أفعال على

(1) Contamination

(2) Doubt

Obsession
 doubt

Compulsive
 checking

OCD consume time
 تصرف للفرط انتباه ليس وقتي
 مرة أو مرتين

(3) Guilt

(4) Aggression

(5) sex.

Rx → psychotherapy.

→ SSRI

or TCA "clomipramine"

"Relaps is Common"

22 | psycho

phobias

irrational fear and avoidance of objects & situation
غير مبررة

↓ **specific**
animal
water
Height

↓ **social**
public speaking
eating in restaurant

↓ **Agrophobias**
avoid open
crowded place
which difficult to
escape (Home
Bored)

once pts expose to his phobia introduce into
panic attack.
يُعرضه للشئ الذي يخافه
يُعرضه في موقف هلع

• **Q1** - cognitive behavioral therapy
gradual de sensitization. تدريجياً
تخفيفه بالتدريج

- in social phobia use β Blockers before public speak
- SSRI used in social phobias
- Buspirone.
- Benzos may use but leads to dependence.

بالترتيب للجميع..
دعواتكم.